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ON PAGE 10

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By RACHEL FLICK Post Correspondent

WASHINGTON — A U.S. congressman yesterday revealed details of a secret Nicaraguan piot to stop U.S. military aid to anti-Sandinista rebels through an intricate disinformation campaign.

Rep. Robert Dornan (R-Cal.) said the Marxist scheme will use religious leaders to fooi U.S. congressmen into opposing arms for the contras.

The plan is contained in a highly classified document, written by the Sandinistas and obtained by U.S. intelligence.

President Reagan wants mili-

tary aid for the rebels. The White House gave Congress the document in an effort to warn members about the tactics that would be used against them when the time comes for a vote.

In his fear that the State Dept. would not make the document public, Dornan briefed The Post on its contents.

He said the piot was "reccommended by Moscow, crafted by

Castro, and honed in Managua.

"A lot of it has a religious twist to it," he added, noting that it recommended duping church groups into spreading lies and distortions to Capitoi-Hiil and the public.

"I can see some well-meaning innocent little nuns becoming what Lenin called 'useful ldiots,' "Dornan said.

The Communist strategy revealed by Dornan includes:

- Organizing sit-ins in congressmen's offices, including the offering of suggestions on what protesters should say on their signs.
- Flooding the media by "taking ail their people who speak English and getting them on the talk shows here."
- Infiltrating and swaying college campuses.
- Persuading congressmen that most Nicaraguan church members are loyal to the government and the only ones who are not are "wealthy high clergy."

Dornan said that, in fact, of the 912 priests and nuns permanently stationed in Nicaragua, 860 are loyal to Rome and their Cardinal Obando Y Bravo, an opponent of the government.

Of the 52 who support the San-

dinistas and oppose Obando, only 10 of them were born in Nicaragua.

The congressional sources say the document "targets" particular congressmen the Sandinistas think they can sway.

The document has generated controversy ever since it was sent to Congress.

It names American individuals and organizations the Sandinistas plan to use for their disinformation campaign.

The State Dept. said yesterday it may release a "sanitized" version of the document today — a version with the names deleted.